

MITCHELL RESOURCES LTD.

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NEWS RELEASE

NOVEMBER 14, 2016

MITCHELL RESOURCES GRANTS STOCK OPTIONS

Vancouver, Canada – Mitchell Resources Ltd. (“Mitchell” or the “Company”) (TSXV: MI) announces the granting of stock options to directors, officers, employees, consultants and advisors of the Company for the purchase of up to 921,000 common shares, at a price of \$0.08 per share, for a period of five years.

On behalf of the Board,

Company Information

“Nick DeMare”

Nick DeMare, President & CEO

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Forward Looking Statements This Company news release contains certain "forward-looking" statements and information relating to the Company that are based on the beliefs of the Company's management as well as assumptions made by and information available to the Company's management as of the date of this news release. Such statements reflect the current risks, uncertainties and assumptions related to certain factors including, without limitations, competitive factors, general economic conditions, customer or landholders relations, governmental regulation and supervision, seasonality, technological change, changes in industry practices, and one-time events. Should any one or more of these risks or uncertainties materialize, or should any underlying assumptions prove incorrect, actual results may vary materially from those described herein.

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